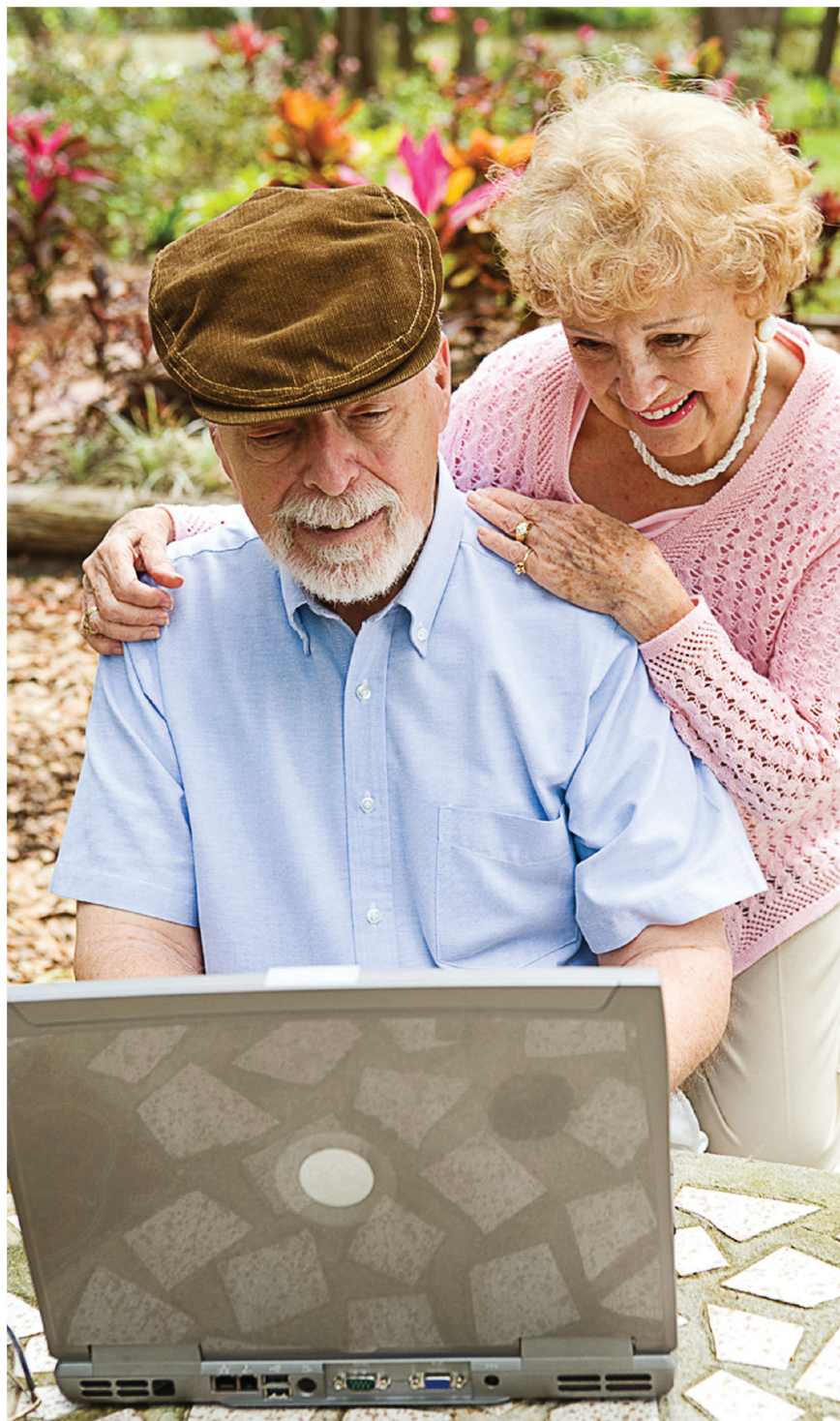


Lunch & Learn

September 16 will be a day you'll always remember.



Keep Your Memory Strong (LLC 4326)

Join an informative lunch and learn session presented by Dr. Philippa Norman, M.D., from the Rush Memory Center. This seminar, targeted for individuals 65 and up, will share what has been learned about the connection between a healthy lifestyle and strong memory. Discuss the importance of physical and cognitive exercise, diet and its role in brain health, the importance of socialization and purpose in life. Also learn about the work being done to prevent Alzheimer's disease. Soup and sandwich lunch provided with class.

T1	11:30a.m.-1p.m.	F	Main
Sept. 16			\$24



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To register call (815) 280-1555.

